

BRIDGES

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The warm weather of spring creates a sense of freedom **P. 4**

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Tips on how to drought-proof your lawn **P. 13**

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Red wine is best after it has aged for five years or more **P. 31**

WEDNESDAY, JUNE 24, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



REBOOTING DIVERSITY

WOMEN IN COMPUTER SCIENCE
GET A BOOST FROM
MARLI BELLS AND
BRITTANY MELNYK
P. 6

ladies learning code

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

CATHERINE VERRALL

Every Bite Affects the World

It began with a World Road Day church service entitled *Showering the Planet*, followed by a workshop considering "where do you get your food from?" When people asked "So what should we eat?" I blurted out, "Let's make a cookbook."

So began the three-year odyssey. Myriad friends across the community shared and tested recipes, following strict guidelines. We focused on locally and organically grown foods, avoiding genetically modified crops and most processed foods.

The recipes often use ingredients that have high nutrient local ingredients: kale, dandelion, hulled hemp seeds, lentils, green-flecked lentils. The recipes often remind us of common foods gifted from indigenous farmers of the Americas. The recipes sometimes reflect the old



Catherine Verrall

ways from which many of us came to make our home here.

Seeing connections became the theme. I discovered a wealth of information on how what we eat affects not only our own health but also the health of the soil and water and climate and Earth's creatures (the food which support our lives). What we choose to eat affects the well-being of farmers and communities both here and far away. As we eat, we can feel these connections.

Are you perplexed about the meaning of food sovereignty? Or about the virtues of plants and their ancestors? Do you want to know which foods are

Canada are genetically modified? So here goes what we eat affects climate change? Would you like to learn how to make plants (grains, beans, chickens, lentils) or how to grow sprouts? Read my book.

The book also includes inspiring recipes. A chapter for kids eating personal stories of new connections with food and a detailed list of resources on the culture and politics of food. As well, it explains how to eat well on a very limited budget: how to get more with less.

Read my book for joyful mindful eating. Read my book for exploring awareness. Read my book for hope that we can make the world a better place for all living beings.

We are fortunate that former pro-

fessor Debra Wolfe has written a foreword and artist Brian Pearson has provided delightful drawings.

Every Bite Affects the World (non-copyrighted text) published by Friesen Press is available in stores for \$28 in Saskatoon at McNelly's Photocopy Bookstore and Chaplains or Baynes at First Book/First Foods, Marg Heron-Nelson's First Meeting, and a Organic Market and Chapters, also at Broadway Stationery in Moosejaw. Also available through "Promote your own" bookstore, chapters on and occasion on. Proceeds from the book sales are going to help groups grow understand and prepare healthy food.



Saskatoon's Newest Modern Age-in-Place Design Suites



HYDE PARK VIEW

333 Stimmer Place
Saskatoon, SK



- Quartz Countertops & Large Islands
- Outdoor Terrace with Hot Tub & BBQ
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- First Class Dining Facility
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- Three Elevators

Life-Lease Suites for 50-Plus Adults with Personal Care Suites Attached

Hyde Park View is transforming the concept of adult housing in Saskatoon! This new 50-plus housing development is ideally located across from Hyde Park and is surrounded by many trees and facilities in Lakeside / Rosewood.

Life-lease suites are pre-selling with 29 units still available in this stunning 45-story building. Floor plans range from 821 to 1,297 square feet, including one bedroom-plus-den, two bedrooms and two bedrooms-plus-den suites.

Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a seven-foot, barrier-free walk-in tiled shower enclosed in glass.

Every life-lease suite receives one outdoor parking stall in the at-grade, heated parking lot, with adjacent individual dry-walled storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

When independent living becomes a challenge, individuals can move to the specially designed area where personal care is offered 24 hours a day.

Call Shelley Davis at (306) 612-3338 and visit www.hydeparkview.org online for more information. You are also invited to drop by Elton Lodge (1125 Main Avenue) between 9am and 4pm to pick up a sales package.

Above Your Expectations!

306-612-3338

Contact
Shelley Davis

www.hydeparkview.org

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Brittany McIntyre, left, and Marli Belli brought their message to a Vector Learning Code event at Winslow on May 18 about the importance of local jobs.

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FASHION P. 4



Julene Baker shows her spring style in Scottsdale. BRIDGES PHOTO BY LIAM RICHARDS

BRIDGES COVER PHOTO BY LIAM RICHARDS

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FASHION

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thephoenix.com

SASKATCHEWAN FASHION

Embracing the warmth of spring

By Sean Trembath

Spring is a fun time for fashion. Warm or weather gives a lot of freedom, but it hasn't got so hot that long sleeves or pants will leave you sweating.

We hit the streets on a breezy spring day to see how some Saskatooners were embracing the season.

For Joanne Bates, the weekend is an opportunity to show the style she can't in her day job.

"I like to really kind of get done up on the weekends, because I can't really do that work," she said.

Warmer weather is a mixed blessing for Bates. The temperatures is up, so she's not so cold, but her light complexion demands caution.

"I like summer, but summer burns my pale skin. I try to dress in longer sleeves in the summer just so I don't burn," Bates said.

On the flip side, her pale skin allows for dark sunglasses and her bright lipstick to really pop.

She says she doesn't worry about the newest look, instead relying on what she knows will work.

"I like classic. I don't really go much for trends. I just, oh, what looks best for me," Bates said.

"It isn't best to do whatever you feel best in. Whether it's trendy or classic or simple lines. Whatever you feel good about."

Mike Zimmer goes for cleanliness and comfort.

"This is pretty much as comfy and as dressy as I get," he said.

Having just finished a day shift, soap at the Saskatoon Farmers' Market, he was dressed to deal with customers, a look he said is much more professional than what you'd see if he was at home.

"Around the house it's usually a pair of shorts and no shirt. That's my usual summer attire, so you caught me on a good day here," Zimmer said.

He tends to keep the shorts at home, even in warmer weather.

"It's not as comfortable in shorts. Maybe it's my chubby white legs. I'm pretty far," Zimmer said, laughing.



Mike Zimmer and Joanne Bates on the streets of Saskatoon in June. BRIDGES PHOTOS BY SEAN TREMBATH

ON THE COVER

I didn't linger on the stereotypes.
I didn't focus on how many guys and
girls there were. — *Brittany Melnyk*

LADIES LEARNING CODE

Empowering women with technology

By Sean Tremblath

Brittany Melnyk and Marli Bellis learned in university what it was like being women in the male-dominated world of computer science. Now they're working to enhance the technical skills of other women and bring more diversity to their industry.

As co-emmentors of the Saskatoon chapter of Ladies Learning Code, a Canada-wide nonprofit, they're running workshops on a variety of tech and coding topics. The learning environment they've fostered allows women who might not otherwise dabble in computer code to do so. They were recently recognized for their efforts with a nomination for the YWCA Women of Distinction awards.

"We're very passionate about what we do," Melnyk says.

Bellis started at the University of Saskatchewan in other programs and got hooked by an introductory comp sci course. After making the switch, they stood out. Sometimes one would be mistaken for the other merely because they have blonde hair.

"To walk in on your first day and just see how often everywhere is not an amazing feeling. You think a little bit about whether this was a good choice," Bellis says.

Neither let it get them down. They loved the subject and quickly started they were every bit as capable as their male classmates.

"I didn't linger on the stereotypes. I didn't focus on how many guys and girls there were," Melnyk says.

Yet even five years after joining the workforce, they sometimes catch whiffs of discrimination. Melnyk says she has sometimes felt she needs to "go the extra mile" to prove her worth. They've heard instructions that they get a job because of their gender rather than their skills.

"That can be kind of disheartening because you know you've earned it. It's sad and people still think that way. We're sad for them," Bellis says.

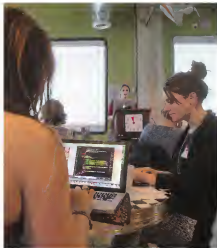
Whatever challenges they have faced, both women love their jobs and see potential about technology. They want to see more women in the industry, something they say will benefit both the women and the industry itself. It's all about breaking barriers, many of which be within the women who may have never considered technology as a life path.

"To show people that is a really cool, exciting career you can have, it's kind of our duty to do that," Melnyk says.



Brittany Melnyk and Marli Bellis are the Saskatoon chapter of Ladies Learning Code. PHOTOS: PHOTO BY LARA RICHARDS

A lot of women are scared. They think it's too complex. It's not too complex. It's just a different type of thing
—Melanie Cey



Shirley Bellon works during Ladies Learning Code at Vixobox. Brides photo by UAM studios

About 30 students, most of them women, sit in what usually serves as a break room for a Saskatoon tech company. They've all got laptops. Their time is split between listening to a lecturer and fiddling away, getting what they've learned to use.

Two projection screens show line after line of code and explanations of what it is used for. The topic for this LLC event is Counting Style Sheets (CSS), a coding language used in the formatting of websites. The lesson is technical. The instructor, Karl Ehrlich, isn't talking down to students. If anyone is having trouble with a concept, a mentor helps her one-on-one. There are no more than four women in a mentor.

"It's a personal, organic way of learning,

rather than institutional," Ehrlich says.

There's nothing markedly different about the setup beyond a few aesthetic details that give a fun, welcoming atmosphere.

"There are some nice touches that are what stand out to me. I think if you had a bunch of guys here they wouldn't do. We have sparkles on our name tags, and balloons in the table and there are t-shirts in the closet," she says.

Having spent two decades in the tech industry, Ehrlich has seen the companies lack of female representation. She also understands the value of a diverse workforce.

"Once you have access to the inner circles of anything that could benefit from diversity, I think it's incumbent on you as a person to help bring other people in, as a way that's safe and acceptable to them," she says.

Continued on Page 8

Colours of Grief & Healing

Whoever you are, my love will find you — Tillman

How can we support children and families after their loved ones have died? How might the creative arts positively transform grief and loss into hope and healing?

The **Colours of Grief & Healing** workshop is designed to explore the power of the creative arts to assist the healing process.

When: Friday, July 10th 2015

Time: 9:15 am - 4:30 pm Where: Queen's House

Palliative Care Services initiative

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To walk in on your first day and just see tons of men everywhere is not an amazing feeling. You think a little bit about whether this was a good choice. — Marli Bells



Regular work on their computers during Ladies Learning Code event at Velocity on May 15. Photos by Lisa Bickman

As a mentor at previous LLC events, she has seen light bulb moments where a woman realizes there aren't as many barriers as they might have thought.

"I think some women are hesitant to call a little bit of knowledge an actual skill. This lets them know this is something you can know and use," Holstad says.

Melrose Cey, the other head instructor at the C3B servers, shares

a similar sentiment. She says once a woman is exposed to these technical concepts they are sometimes surprised at how well they do.

"A lot of women are scared. They think it's too complex. It's not too complex. It's just a different type of thing," she says.

Cey has helped out at previous LLC sessions and is also the organizer of Saskatoon's Geek Club Dinners, a networking event for

women interested in tech and other geeky pursuits. She is driven by a passion for her work and wants to expose others to what she says is an extremely satisfying industry to be a part of.

"The amount of times I've said to myself, 'I just don't want to go to work today,' I can probably count on one hand. That's an 11 years. If I can do that for one person in my lifetime, it's worth it," she says.

Hilary Gough is a first-time learner at the workshop. She does some communications work in her job and thought developing some web skills could be valuable. Although her partner is in the tech industry and could have helped her, she was attracted by the LLC site.

"Everybody has just been really welcoming, and people have been great about communicating what you need to know right now, and

what the next step is," Gough says. Bells and Moleky aren't trashing the course but they're humming around, making sure everything is running smoothly. With eight of the events under their belts, the whole thing is a lot easier and less stressful.

"I'm definitely less apprehensive. I was really nervous the first time. Now I know that people will come and help and they'll show up," Bells adds.

"There are some nice touches that are whimsical in a way, I think, if you had a bunch of guys here they wouldn't do. We have sparkles on our name tags, and balloons in the lobby, and there are vegetarian dishes — Kari Halstead

PHOTO BY KARI HALSTEAD

The plan to bring LLC to Saskatoon started when Bell attended a lecture by Heather Pappas, the founder of the organization. Bell and Melnyk had already done some outreach speaking to kids about computer science and had been thinking about how else they could use their knowledge to help the community. LLC seemed like a perfect fit.

"It came around at a good time," Bell says.

The national structure of the organization was unstable. LLC sent two experts to the first Saskatoon workshop in January 2005 with pre-made lesson plans.

"Writing all the content would have been the biggest challenge if we were doing this on our own," Bell says.

That first workshop was such a success that the two haven't looked back. On top of the LLC events they have run Little Learning Code workshops for 8

to 13 year olds, which are free thanks to sponsor support. The prevalence of technology makes today's young people ideal people according to Melnyk.

"Kids pick up technology so much easier and faster than an adult would. I've realized that with every single old tech program I've ever got on," she says.

Parents get involved in the sessions as well, either helping their kids work or building their own projects on the side. They are often as excited as their kids, Melnyk says. They've had families travel up from Regina for the sessions.

Bell says she sees herself in the young girls.

"I know I would have loved it," she says.

The next full LLC workshop is scheduled for Sept. 30, which is National Learn to Code Day. More than 30 LLC chapters across Canada will host simultaneous workshops to commemorate the day. *Continued on Page 10*



Mari Delaney, a talk in 2003 on Ladies Learning Code during her tenure in casual technology conference held at Greenidge and Country Club. *Source: Mari Delaney on Facebook*

The Marr Residence
328 11th Street East
This 1856 house is the oldest house in Saskatoon
and one of its original site

**SUMMER PROGRAMS AT THE MARR
JULY 2015**

Wednesday, July 1 1:00 – 4:00 p.m., Dominion Day Celebration
Young and old alike are invited to the Marr Residence for an outdoor Dominion Day Celebration. Stop by for an afternoon of games, entertainment and refreshments.

Sunday, July 5 1:00 – 4:00 p.m., Open House
Join us at the Marr for the first Open House of the summer and enjoy a tour of this historic site and meet the members of the lovely Marr Garden.

Sunday, July 12 1:00 – 4:00 p.m.,
Join us as we walk together on the garden. Meet the Marr gardeners and plant your own heritage seed!

Sunday, July 19 1:00 – 4:00 p.m., Pioneer Games
The Dominion Day Canada Centre will be bringing pioneer games and activities from the Little Square School to the house. Come and play like they did in 1847. At 2 p.m. one of our youth volunteers will give a presentation about the field hospital of 1855.

Sunday, July 26 1:00 – 4:00 p.m., Open House
The house will be open for tours. Take time to enjoy a lecture and visit a lecture hall and enjoy the Marr garden at its summer best.

UPCOMING:
Our Thirtieth Annual Roshar Festival Sunday August 2nd
For more information about programs, call 788-832-1281
Cari and Susan

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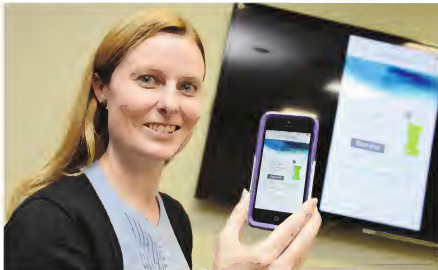
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I hope women and young girls will see it's important, and even just start taking more technical classes as part of what they're doing in other programs — Cara Simpson



Cara Simpson with IBM Canada wants to help women in the tech industry. **ILLUSTRATION PHOTO BY JONATHAN**

Saskatoon is the only chapter operating in the province, but that could change soon with help from a woman who has mentored Malyk in the past.

Cara Simpson knew right away she was interested in computer science. Based on Regina, she enrolled both alone and masters degrees in the subject from the U of R and has worked in the industry 11 years.

She got her first taste of "teaching while still student" thanks to a course

that had three leading classes.

"I was kind of always drawn into the education-type opportunities. I think it was because there weren't a lot of girls like me, and I wanted to spread that word," Simpson, who is now a manager at IBM Canada in Regina, says.

She has spent a lot of time doing outreach and in classrooms after often through teacher friends who wanted to expose their students to computer science. Those sessions require creativity such as building robots with Lego and then programming them to perform tasks.

"It's all about trying to bring the fun element to technology," she says. Tech education is important even for those who won't end up in the industry, she says. Everyone has to engage with technology in today's world. A doctor or lawyer still needs a website.

"I hope women and young girls will see it's important and even just start taking more technical classes as part of what they're doing in other programs," she says.

Simpson is a big proponent of diversity in the workplace.

"The more people you can bring in

with different perspectives and viewpoints, the better solution you're going to get at the end," she says.

As a manager Simpson does a lot of recruiting and says she is heartened by the number of resumes she sees from qualified female applicants. At the same time, she says the industry still has a long way to go.

"I could have thought it would have been that gap close already. When I saw the most recent stats, I was kind of a little disheartened," she says.

A lot of the "rock stars" on her team are females. She cites Malyk, who used to work for her, as an ex-

ample. After hearing about SLLC, she was very happy to see Malyk was one of the leaders in Saskatoon.

Now Simpson is considering bringing the program to Regina where a previous SLLC chapter has gone dormant. It fits perfectly with her history of outreach and her desire to foster diversity.

"This organization seems really fantastic. We can leverage that, and in Regina and Saskatoon we can do stuff together," Simpson says.

carasimpson@ibm.com
twitter.com/carasimpson

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Some button or flaps for shirt
 5 Sound of thunder
 6 Cabinet member's title (noun)
 14 Throw a line to
 15 Name insect
 16 Career wife beater
 17 Life coach's initial history
 18 Hawk of the woods
 19 "Off-camera"
 20 In indicators, sometimes a travel document?
 23 Holiday not widely observed by Quakers
 24 Size, through material
 25 Start of a wine tour
 26 Currency
 28 Drilling apparatus
 31 Many a Montefeltro resident
 33 "George Simpson, discoverer of Canada River"
 38 General defect
 39 Black sheep
 40 Off-color class
 41 Indeterminately posed by her?
 44 Paper Mario's Pink Peach, e.g.
 47 It's an encyclopedia

- 48 Role for Rochester Clark
 49 American singer (not "short")
 51 Capricorn for a Robert Burns poem
 52 Middle class
 55 Wordless paragraphs
 57 Descriptive patches (not "bad news")
 58 It's right to make a shudder (superlative)
 62 Bumped to a belly with love
 63 Master of speaking
 64 Is
 65 Kind of
 66 Inexpensive, but "in" kids
 67 "Mark Twain" protest
- Down
- 1 Pushes hard
 2 Like most
 3 Come to the fore
 4 (philosophical) word
 5 With it, down's looking robust
 6 What's behind "been"
 7 First, stringing
 8 First World War
 9 (musical) piece
 10 See 5, Down
 12 Make-up of some bats
 13 "Search" player of video
 20 What "it" is
 22 King of the Canaries
 23 Apple (verb)
 24 From the top
 27 Part of a spin
 28 Rolling planet
 30 Cheese plate
 32 Bowls over
 34 Anecdotal figure
 35 Same diameter
 36 Out in a class
 37 "Back" covering unit
 38 "Poodle" dog character
 42 Swimsuit
 43 "Guns..." (genre)
 44 They often fall out of magazines
 45 Misnamed figure
 46 Name of books or items
 48 Hippopotamuses of old
 50 Head of the head set
 52 Word used in match-making
 54 Surf teeth
 56 ___ disc (blind spot)
 57 Put on YouTube, e.g.
 58 "Beards" bloom
 59 Power to shatter
 60 Road passing
 61 Hunk

PUZZLE BY JACOB STUJARR

JANRIC CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells with numbers 1 to 9. Each number can only appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the online word puzzle will be in the Sudoku code found on Page 31

BREAKING NEWS

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IN THE CITY

JUNE 20, 2015 — 12:05 P.M.

The river wild



White foam collects along the South Saskatchewan River after being discharged from a storm sewer on the west side of the river between the Twin Bridge and the Circle Drive Bridge on Saturday. **PHOTO BY LAM RICARDE**

The StarPhoenix

SMART LIVING



3

At St. Paul's Hospital, artist-in-residence Marissa Weselowski boosts the well-being of patients by encouraging creative expression through art.

1

THE ART OF HEALING

YOUR GUIDE TO LIVING WELL

2

SAFE SUN

Sunglasses are more than a fashion statement. They protect against the sun's damaging UV rays, which can lead to cataracts, macular degeneration and cancer.

4

INFLAMMATION FIGHTERS

Holistic nutritionist Caitlin Iles suggests healthy food choices that can help your body fight common forms of inflammation.

6

GENETIC DETECTIVE

By using a simple at-home test, you can now unlock many of the health secrets stored in your DNA. Genetic testing can not only reveal future health risks, but also reveal whether certain medications will be effective.



Choose sunglasses that offer 99 to 100 per cent UVA and UVB protection, says licensed optician Daphne Berthler. Frames should also be large enough to shield your eyes, eyelids and surrounding skin area. Photo: Vogue Optical

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SAFE SUN: Sunglasses are a health essential

by Jeannie Armstrong
SP Special Projects Editor

Don't leave home without them — your "sunnies" due to!

Sunglasses are so much more than a fashion statement. Think of them as a health essential, a vital way to protect your eyes from the sun's damaging UVA and UVB rays.

Over time, exposure to UV radiation can seriously damage the eyes and surrounding skin, increasing the risk of health problems including cataracts, macular degeneration, photokeratitis (a painful condition that can cause "snow blindness") and various cancers.

"It is never too late, or too early, to start wearing sunglasses," says Daphne Berthler, a licensed optician and manager of Vogue Optical's branch in downtown Scottsdale. "Children are especially vulnerable. The lens and the fluid in a child's eye are so clear that those damaging rays enter their very right back to the retina. Children should start wearing sunglasses by the age of three."

Whether it's sunny or cloudy, you should still wear your sunglasses whenever you head outdoors, she advises. "UV rays still make their way through the clouds. You can actually purchase sunglasses with photochromatic lenses that adjust to different weather and lighting conditions."

Do darker lenses offer a higher level of protection than sunglasses with a lighter tint? "Not necessarily," says Berthler. "It's a matter of personal preference. Different people have different light sensitivities. What's more important is to ensure that the tinted lens has 100 per cent ultraviolet protection. If you are wearing a tinted lens that does not offer the proper UV protection, your pupil will actually dilate and those harmful rays will enter their way through the lens into your eye."

When shopping for sunglasses, always check the label to make sure the sunglasses will block 99 to 100 per cent of UVA and UVB light.

If you spend a lot of time driving or participating in water or snow sports, Berthler advises to buying sunglasses with polarized lenses. "Polarized lenses are designed to eliminate glare, which

can be amplified by snow or water. Continuing glare can cause fatigue, headaches and even accidents," says Berthler. "Mirrored lenses are also a good choice for reducing glare."

A licensed optician is your best guide to selecting sunglasses that will ensure proper UV protection, as well as the best fit. "A licensed optician will ensure you have the right fit for the shape and size of your face. It's important to have sunglasses that are large enough to cover a good portion of the eye area and surrounding skin. But don't want those damaging rays to sneak by," says Berthler.

If you wear glasses to correct your vision, Berthler advises adding a pair of prescription sunglasses to your eyewear wardrobe. "We do a lot of prescription sunglasses here, including polarized and mirrored lenses. We add UV400 protection to all of our prescription sunglasses lenses."

Sunglasses are also a great way to bring your wardrobe fashion forward. "Distorted frames are trending right now. There are a lot of fun styles like the Ray-Ban Aviators, as well as aviators. Sunglasses are also more colorful than ever this season, so the possibilities are endless!"

SMARTLIVING

EDITOR

Jeannie Armstrong

WRITERS

Hilary Kessler
Jennifer Jacoby-Smith

DESIGNER

James Grammett &
Leslie Cookman

PROJECT

COORDINATOR: Doreen Greenwood

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THE ART OF HEALING

by Jennifer Jacoby-Smith
of SP Special Projects

If it's the exact opposite of what you expect to find in a hospital environment. Hospitals are clinical, sterile and functional. But tucked away down a hallway on the main level of St. Paul's Hospital is Marlene Woodcock's art studio.

It's a bright open space with a wall of windows and beautiful light pouring in. The walls are lined with brightly coloured canvases – gifts from some of her visitors. Even the wall itself has a mural on one corner.

Woodcock is the coordinator at St. Paul's Hospital – a position she helped to create and define.

It was almost six years ago when Woodcock realized what a healing tool art was, after studying some of her own artwork created over the years.

"Looking back after a time, I realized my art was a visual journal," explains Woodcock. "Many paintings I had created through and many paintings were filled with joy. I'd been of colour with my eyes closed – and all these beautiful things that I began along with the creative process. I realized how powerful art was for me and I wanted to help others somehow in understanding that for themselves."

Her goal was to become an art therapist. While choosing her career path with a friend at an art shop, she learned St. Paul's Hospital was looking for a volunteer to coordinate art into the hospital setting.

Woodcock immediately volunteered. Fundraising was eventually held to help fund her work and her research into other art-in-medicine programs to health care settings. It was an exciting field and something with established art-in-medicine programs mostly located in the U.S. which were a lot of fun. In 2008, the St. Paul's Hospital Foundation began funding her work.

"Our hospital over the last decade is in a constant state of transformation," she states. Indeed, there is even a mural on the outside of the building. Getting things designed the hospital here have been painted by patients. It gives those who are ill something to look at while they receive care.

According to Woodcock there's research showing that a person's perception of art – whether actively engaged in the process or passively by viewing art – leads to a stronger immune system, reduces tension and decreases anxiety. It can also reduce the amount of medication patients require over time.

She says it's not just when patients get involved in their creative process they don't notice the lines stopping by. Often for some has helped them to control them to take their medication. "There is evidence that there are based conversations in health care help reduce the adverse physiological and psychological effects of illness. And that's what we really want to do



from a holistic approach."

Half of her days are spent under walls with a mobile studio. She visits patients with limited mobility such as those on the ICU and in doctors. Patients are encouraged to rest in their artwork, or view the same paintings.

Some patients struggle to find their creative energy, she says. Many adults are not used to expressing themselves through colours and shapes. Woodcock says she often helps patients such as, "I'm not artistic enough. I can't even draw a stick man."

Woodcock encourages them to be wary about what art looks like culturally in the end. What matters is how the person feels while they are creating it. Woodcock is part of the Healing Arts Program at St. Paul's Hospital. The hospital also employs a part time music therapist. Much like Woodcock, the music therapist can meet one-on-one with patients or work as a group. As well, musicians are needed throughout the year for events and performances. Likewise, artists are also invited to the readings at the museum area. Volunteers are still encouraged to come and play the piano, too.

No one goes to a hospital to be creative. A hospital is a place to deal with someone serious health issues.

"These moments have to be in a more abstracted. The questions we ask are different," Woodcock adds.

These services in the morning very healing when those moments are conducted with artistic expression. Perhaps art provides the best way for patients to express what is often difficult for them to convey using words. In that way, art in health care is a natural fit.

For more information or to volunteer, visit www.saskatoonfamilypodiatry.com

Marlene Woodcock, coordinator at St. Paul's Hospital, paints a mural in her studio. As part of her unique position, Woodcock guides patients through exploring their creative spirit, often when they are facing serious health challenges. *Jeff Gosselin/StarPhoenix*

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NOURISH: FIGHT INFLAMMATION THROUGH FOOD

by Jennifer Jacoby-Smith
of SP Special Projects

Celine Eves was a typical grad student at the University of Saskatchewan. As she completed a Masters degree in English, a friend introduced her to healthy cooking, but she confessed, "It really didn't stick."

Eating on pizza and beer, coupled with late nights and little sleep, she felt, "literally wherever you could do it to be unhealthy was my lifestyle."

She was tired all the time and suffered from anxiety. Still, she thought it was normal for a busy student.

After graduation, she moved to Toronto to live with her sister who has celiac disease. Eves made a commitment to go gluten-free because she trusted friends of gluten or wheat would make her sister ill for days.

"I went gluten free and my brain started clearing up. I just felt a bit lighter," notes Eves. The unexpected improvement in her health got her thinking, "I had made this very small dietary shift and it felt like I was such a big impact. I wonder what else could happen?"

Since her search for a job in publishing had stalled, Eves spent countless hours reading nutrition books and alternative health websites. She researched different diets, nutrients and deficiencies and how they impacted common health conditions.

"All this I thought, 'If I'm spending five hours a day doing this, I should maybe make it my career,'" recalls Eves.

Eves applied to the Institute of Holistic Nutrition at Toronto and later studied at the Academy of Culinary Nutrition. As she continued to read, her diet, she continued to feel better.

Eves returned to Saskatoon to work as a holistic nutritionist. She now clients on a one-on-one basis and teaches workshops. She recently spoke at the Living Foods Expo in Saskatoon about the topic of inflammation.

"I think inflammation is one of the biggest issues underlying a lot of modern chronic diseases," explains Eves. "It can sit at the stage for metabolic syndrome, heart disease, liver disease, and osteoarthritis." She adds inflammation can be a factor in Alzheimer's or cancer, or even nagging aching joints like hiking or a car.

To curb inflammation in the body, Eves has four suggestions.

1. CONSUME GOOD-FAT ANTIOXIDANTS

Her recommendation: eat foods to fight inflammation. Each colour of the rainbow represents a certain type of antioxidant. So eating your diet with many food foods will increase your intake of antioxidants which can help your body manage inflammation.

2. HEALTHY OILS

Because the typical North American diet is full of processed foods which contain Omega-6, it has thrown off the healthy ratio of Omega-6 to Omega-3 oils in our system.

"Ideally, we would have a ratio of about three to one or four to one of Omega-6 to Omega-3. Now we're up to around 20 to one or more," Eves says.

These processed foods and their unhealthy oils can activate inflammatory pathways. Eating high in Omega-6 such as salmon, fish oils, hemp seeds or walnuts can help those Omega-6s back into balance. She also suggests avoiding all refined oils.

3. FOOD SENSITIVITIES

To further fight inflammation, Eves says, ensuring allergenic foods from your diet can help. For some people it might be grains. For others it might be dairy. Still others might find nuts and seeds cause inflammation. An elimination diet might reveal what food is working for you.

"Thinking the time invested in your body and feeling what works" says Eves.

4. DON'T LET ANYTHING REFUSE

Eves says to avoid eating anything that contains refined white carbohydrates such as flour or sugar.

"It doesn't matter if it's organic, does that, it's still going to cause a blood sugar spike and then that crash. And that causes a whole release of hormones that cause an inflammatory response," Eves says. The best diet features whole, unprocessed foods or foods made from scratch in your kitchen.

Eves and Sherrin Indurkhya Regan Gentry are placing an observational retreat June 25 to 26 in Langley, B.C. Other retreats for women will follow. For more information visit www.cashflow.ca.

For these health topics, contact Jennifer at Celine Eves.



Holistic nutritionist Celine Eves says her Green Goodness smoothie – loaded with antioxidants to help fight inflammation. Jeff Lynskey/Photo

GREEN GOODNESS SMOOTHIE

- 1/2 cup water
- 1/2 cup ice
- 1/2 cup coconut milk
- 1 scoop Vegetentials
- 1/2 banana
- 4 cups spinach
- 1/2 avocado

Combine ingredients in a blender and blend until smooth. Serve and enjoy!

CONTINUED ON PAGE 9

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WHAT'S YOUR DINA SAYING ABOUT YOU?

by Hilary Klassen
of SP Special Projects

The lessons of uncovering the secrets hidden in DNA has never well beyond the exchange parcels of crime labs. It has now of late your living room. "23andMe" offers an at-home saliva based genetic testing kit which provides customers with 100 health related reports. These range from risk factors for various health conditions to potential drug responses, genetic traits and related conditions.

Named for the 23 pairs of chromosomes found in each of our cells, 23andMe was founded in 2006 by Anne Wojcicki with a mission to help people access and benefit from their DNA.

Board certified genetic counselor, Bryan Gordon, joined 23andMe in March. Personally she was with the commercial team at Invitae and before that, director of genetic counseling at the Coriell Institute for Medical Research.

Gordon says there are many benefits to genetic testing, but the motivations may be different. Some people are simply genetically curious. They're not on a quest, but find it interesting and fun. "In Genetics, 23andMe is offering genetic information on 40 different traits that would appeal to that population, ranging from coffee consumption - how many daily cups of coffee you like to drink, freckling, and brown hair, to lactose intolerance, and more, traits that people would talk about at our local parties."



23andMe offers an at-home saliva based genetic testing kit. Their customers simply arrive at a 23andMe lab and testing is completed, results are posted online. The company provides customers with 100 health-related reports. Photos: 23andMe

Beyond curiosity, testing can reveal information about health risks and specific conditions. Testing and how you body strongly responds to various conditions, for example, could be extremely beneficial.

23andMe includes 10 different drug reports in your results.

As one example, Gordon says the drug clozapine, prescribed to prevent blood clotting, is known to have zero effect in some individuals. People can take it for years after a heart attack and still be at risk for a second heart attack. Genetic testing may reveal whether certain drugs are effective for you or not. "There are some drugs on the market that are processed through different genetic pathways, so you can switch to a different drug that actually would work for you if you know that result," she says.

Other genes influence your risk for side effects or adverse drug reactions. Drug response information may help direct your medication management, whether it's a different drug or a different dosage.

23andMe does carrier testing for 45 different autosomal recessive disorders. If you and your partner both have a variant in a particular gene, you could have an affected child.

Ancestry testing is attractive to those who have been adopted or because estranged from their families or just generally. "We all have genetic influences from other populations that happened many, many generations ago, but we may not be aware of it," says Gordon.

The method of testing used by 23andMe is not designed to be

CONTINUED ON PAGE 6

SMART SCIENCE



Techns at the 23andMe lab prepare for the first stage of testing of DNA samples.

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HEALTH

FITNESS

Invest in a professional fit for bike

By Jill Barker

The words comfort and lake rarely go hand in hand, but swimming in a lake shouldn't mean getting out with a sun burn and a headache.

Yet too many cyclists live with the pain, thinking it's inevitable.

Pierre Foullet, of Cycle Robert in LaSalle, Que., specializes in making the pun go away. He perfects the fit between bike and cyclist so that time in the saddle is spent in comfort, not misery.

Most bike stores offer a fitting service with the purchase of a new bike.

But most aches and pains from cycling require more than a good fit done in less than an hour.

And a good fit, as the luxury reserved for her
 semi-circles with precise lines.

According to Paster, a good fit can ease the soreness beginners feel. Bumps, aches and pains are to be expected, but a properly fitted bike can make those first few weeks on the bike more enjoyable.

"I have clients who pay \$200 for a fit on a \$200 bike," Foster said. "And I've seen some expensive bikes with horrendous fits."

A professional fit is more technical than adjusting the seat and handlebar height. It's best to spend a minimum of two hours with a fit specialist who gathers information about your cycling habits, evaluates your technique, measures your limbs and makes the necessary bike adjustments.

One of the first questions Penick asks is about your motivation to get on a bike and how often you plan to hit the road.

Are you cycling for fitness, exercise or performance? Do you want to lose weight, get fitter or participate in a charity ride or a cycling weekend?

"The interview is the most important part of the job," he said.

From there, you'll perform a series of physical tests to evaluate flexibility.

Finally, it's time to clank on and pedal, allowing the fit technician to view your pedaling technique, remove any and all harmful elements,

This wealth of information is factored into any adjustments with added comfort felt all over immediately.



It took about two years for Pierre-Philippe to get France to allow him to become mayor in LaSalle. Que. A good fit can make all the difference.
PHOTOGRAPH BY SAUL LOEBOW

Yet even after a comprehensive fit, it's not unusual for beginners to come back a few months later once they've lost a lot of weight and increased their tolerance.

Minor modifications that reflect small but important changes in cycling habits are a normal part of the fitness process.

"We document everything once the fit is done and then measure after a few months," Prud'homme said. "We can even tag and post it like the fit on another hole."

Some cyclists have a fit done before they get on their bike for the first time, knowing that investing \$1,000 and often much more, in a bike without getting a proper fit will limit performance and compromise comfort.

Others come in search of a fit only once per week in, hoping to fix a problem that's affecting not just their cycling efficiency but their enjoyment.

"Some EIs are more complex than others," said Postel, who says the hardest part of the job is finding the source of the pain. "I see a lot of people who have sore knees, neck, shoulders and weak hands."

Pocket says some of these cyclists arrive with bikes they bought online. This new form of bike shopping often results in a bike that isn't used properly or in some cases is an imitation of one of the more popular name brands.

But a good fit starts with the right bike, which is best found at a store where you can get help finding a bike that matches your body experience, needs, and goals.

Keep in mind there's no standard approach in fitting a bike.

And for some, the quick fix does its share before taking a hike home with suffice. But once you start to put some serious muscles on your

like, what was once a good fit seems less so

In fact, the role of thumb for beginners is that comfort improves as time in the saddle increases.

If the opposite occurs and pain increases as your ride lengthens, then the problem most probably lies with the fit.

The best way to find a good fit technician is to contact your local cycling club. Experts need cyclists know who to go to when they need all equipment in their bike.

Keep in mind, however, that trying to get a fit done during peak cycling season can be a challenge, especially with a technician who has a good job in the current economy.

Expect her to spend a couple of hundred dollars to get the job done. But if comfort is your goal, a good fit is the answer.

Source: *Author's calculations*.

HEALTH

DIETS

Fasting may slow down aging

By Sarah Knapp

A two-day diet that mimics fasting could slow down aging, add years to life, boost the immune system and cut the risk of heart disease and cancer, scientists believe. The plan, which restricts calories to between one-third and a half of normal intake, has been developed by researchers at the University of Southern California.

Last year, the same team discovered that fasting can regenerate the immune system and they have now found that a calorie-restricted diet consisting of vegetable soup and cornmeal tea has the same effect. People only need to follow the diet for five days a month and eat out when they like for the rest of the time.

"About fasting is hard for people to stick to and it can also be dangerous so we developed a complex diet that improves the same effects on the body," said Walter Longo, director of the USC Longevity Institute.

When people tested out the regimen, within three months they had reduced biomarkers linked to aging, diabetes, cancer and heart disease as well as cutting down body fat.

Despite its positive effects, Longo cautioned against attempting the fasting without diet without first consulting a doctor.

The study was published in the journal *Cell Metabolism* and funded by the National Institute on Aging.

Lindsay B. Bergman



A monthly five-day diet based on the fundamentals of fasting can reduce biomarkers linked to aging, diabetes, cancer and heart disease. It can also cut down body fat. GETTY IMAGES PHOTO BY JUSTIN SULLIVAN

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,

Why do I have to wash my hands before catching frogs?

Sarah



Hi Sarah,

Frogs and other amphibians breathe through their moist skin. What's interesting is that your humans do too! All those tiny holes in your skin called pores? About 25% of your daily oxygen comes through those pores and for frogs it can be as high as 75%! Frog skin is very thin, allowing gases to freely pass through it and into the blood vessels which supply the body with fresh oxygen. This allows the frog to remain in hibernation or underwater for very long periods of time without ever having to come to the surface to breathe! However, if a frog has been swimming in polluted water the harmful chemicals can also go through the pores and greatly hurt the frog. This is why you must wash your hands before handling any wild amphibians. By making sure you have no sunscreen, bug-spray or any other chemicals on your hands you are doing your part to not take the frog's breath away. Remember to be very careful when handling frogs because some species, like the northern leopard frog, are endangered and in need of our help.

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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Earls on Broadway,
617 Broadway Ave.

Olivia w/ Matt Laine and Honeybady
Vampiro Tavern,
601 Broadway Ave.

Archie Wilson and Mike Hamilton w/ Major Mike
Village Guitar & Amp,
432 20th St. W.

Thurs., June 25

The Pony Boys
Ockers Restaurant & Lounge,
1-227 Winhouse Dr.

Jack Temple
Earls on Broadway,
617 Broadway Ave.

Pop Culture/Deanna the Teen-ween and A Weekend Without You
Louis Pub,
60 Campus Dr.

Beast Wound w/ Tough Age and Blonde Elite
Amigos Cantina,
606 Ouffern Ave.

Jack Jazz presents Hypnotic
Rena Ensemble
Capital Music Club,
264 First Ave. N.

Knave w/ Wizards and Louville
Vampiro Tavern,
601 Broadway Ave.

SeckTel Jazzkatchewen Jazz Festival: BC Head Bitch Band
Village Guitar & Amp,
432 20th St. W.

Fri., June 26

Ripper Tears
Earls on Broadway,
617 Broadway Ave.



Jack Temple plays at Earls on Broadway. POSTMEDIA PHOTO BY CHRISTA EVAN

4-Peat
Army & Navy Club,
209 First Ave. N.

Seck Jazz Tribute to The Beach Boys and The Mamas
NW England
Museum/Lounge,
203 Louisa St.

Arrowsway/Banquet/Lane Oaks
Fairfield Senior Citizens' Center,
103 Belmont Ct.

The Standards Trio
McKelley Robinson,
300 10th St. E.

Pocktoss
Teen Town Tavern,
3330 Fairlight Dr.

SeckTel Jazzkatchewen Jazz Festival: Viet Cong w/ Steve Down Malicious
Amigos Cantina,
606 Ouffern Ave.

Jack Jazz presents Hypnotic
Rena Ensemble
Capital Music Club,
264 First Ave. N.

End Delvay w/ Major Mike
OTD's Event Centre,
241 Second Ave. S.

Private Kalm
Deluxe Dunes Casino,
204 Dakota Dunes Way, Whitecap

Flatland Slings
Peggy's Pub and Grill,
1403 Joyland Dr. N.

SeckTel Jazzkatchewen Jazz Festival: BC Head Bitch Band
Village Guitar & Amp,
432 20th St. W.

Axon Wild
Starr's Place,
806-113 18th St. E.

Sat., June 27

Ripper Tears
Earls on Broadway,
617 Broadway Ave.

4-Peat
Army & Navy Club,
209 First Ave. N.

Brothers of the Road
Downtown Legion,
606 Speckle Creek W.

Suburban Swamp Trio
McKelley Robinson,
300 10th St. E.

Private Kalm
Deluxe Dunes Casino,
204 Dakota Dunes Way, Whitecap

SeckTel Jazzkatchewen Jazz Festival: The Mann Park
Amigos Cantina,
606 Ouffern Ave.

Flatland Slings
Peggy's Pub and Grill,
1403 Joyland Dr. N.

Axon Wild
Starr's Place,
806-113 18th St. E.

Sun., June 28

Awake the Junk
Earls on Broadway,
617 Broadway Ave.

Mon., June 29

Rena Ensemble
Earls on Broadway,
617 Broadway Ave.

Kelly Grant
Deluxe Dunes Casino,
204 Dakota Dunes Way, Whitecap

Tues., June 30

Rena Ensemble
Earls on Broadway,
617 Broadway Ave.

SeckTel Jazzkatchewen Jazz Festival: Punk-Punk and the Holy Moly Hypnotic
Amigos Cantina,
606 Ouffern Ave.

ART

Guillevain Third Weekend
June 26 to July 2 at 162 Third Ave. E., Wetmore's Museum for Arts, a display of artwork from ladies of floor communities.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

The Gallery at Art Placement

Until June 25 at 228 Third Ave. S., back lane entrance
Building Blocks by Steph Kowchuk

Flint Martin Bar

June 25 at 250 Second Ave. S. Invented by unclockinart. This is Where I Draw the Line. A series of paintings by Chad Coombs

Washburn Fine Craft Market

June 27, 10 a.m. to 5 p.m., in Kiwanis Park south Presented by the Saskatchewan Craft Council. An outdoor sale of fine craft and original art. Works by more than 30 craft and visual artists. With food and children's activities. Admission is free.

Hamboldt and District Gallery

Until June 27 at 601 Main St., Humboldt, 117 West, a local perspective, exhibit by Sharon Ebbemeyer

Saskatoon Arts Centre, Book-Them

Until June 27 at 701 College Ave., Book-Them, paintings by Anne Mulvey

Kehrig Fine Art

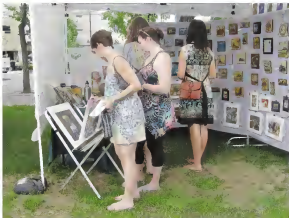
Until June 27 on the eighth floor of the Saskatchewan Centre sculptures of wildlife by Todd Schultz and figurative modernist media by William Fretz

Haas Art Supply

Until June 30 at 1810 Lorne Ave. 881 by Bridget Allken, Nicki Ault and Jacqueline Faye Miller

Market Mall Dayland Art Gallery

Until June 30 at Market Mall, 2325 Preston Ave. The Voice by students of Georges Vachon Gallery, Fine Art School in partnership with



Washburn Fine Craft Market runs June 27, 10 a.m. to 5 p.m. in Kiwanis Park.

The Saskatoon Symphony Orchestra

Western Development Museum

Until July 5 at 2610 Lorne Ave. Echoes in the Ice: Finding Franklin's Ship & traveling exhibition that uses artifacts, images, audiovisual presentations and art. FEED by Melinda Van Mier runs until Aug. 8.

STH Gallery

Through June at St. Thomas More College, 1437 College Dr. Bookworms by Marlene Martik and Kathryn Miller

Art in the Centre

Through June at Parkridge Centre, 110 Granger Cres. Works by Mayfair Artists.

The Gallery at Frances Morrison Central Library

Until July 2 at 311 3rd St. E. In the Footprints of Tein by Greg Macgillivray and Ken Van Der Weide Works from Algonquin Park.

SCVAC Art Gallery

Until July 3 at 203 Third Ave. S. Artwork by Melanie Kirkhamer

Western Development Museum

Until July 5 at 2610 Lorne Ave. Echoes in the Ice: Finding Franklin's Ship & traveling exhibition that uses artifacts, images, audiovisual presentations and art.

Affinity Gallery

Until July 11 at 813 Broad-

way Ave. Clay Studio Three 40th Anniversary Exhibition. Ceramic works from current and past members of Clay Studio Three. Dan Ceding, Loraine Butler, Aely Toyer, El Fernandez, Rod & Kury Kurenda, Martin Tappett, Thelma Howard, Nancy Grummett and Elaine Prieson.

Centre East Galleries

Until July 26 at The Centre. Display by the Thelma Hill Studio Trail in the Royal Gallery, display by Shikawap on the Saskatoon wall in the Jade Gallery, display by Leone King Spill in Photo Art in the Amber Gallery, photographs by Rosanna Sharoy in the Stereo Gallery, work by the Sas-

katoon Potters Guild in the Crispen Gallery, and display by the Saskatoon Public School Board in the Magna- and Bridge Galleries

Handmade House Showcases

Until Aug. 1 at 710 Broadway Ave. Little Vessels by Anita Rossmore.

St. Thomas More Gallery

Until Aug. 27 at 1437 College Dr. Sequential by Marlene Martik and Kathryn Miller.

Eye Gallery

Until Aug. 28 at 117-1133 College Dr. Eyes. Works by Brian Buche, Carol Dennis, Marlene Martik, Quinn McDonald, John Penet, Jenni Plotkin, Trish Thomas, Karen Walpole and Paul Zey.

Gallery 516

Until Aug. 31 at 516 10th St. E. A collaboration of works by Saskatoon artist Lynne Gilfoyle

Stonehouse Studio & Art Gallery

Until Aug. 31 at 308 Spadina Cres. W. Artworks by Emily Carr, a Canadian artist living and painting at the same time as the famous Group of Seven. A Peaceful Meditation garden out front features Emily Carr quotes.

Lambton Museum of Canada

Until Aug. 31 at 110 Spadina Cres. E. Sebi's House by photographers Lucien Dury and Katie Kasse.

Urban Genesis Art

Starting in September, Monday to Friday, 10 a.m. to 5:30 p.m. hosted by SCVAC gallery. A 30-week employment training and placement program for youth ages 16-30 who have little to no talent and face multiple barriers to employment. Providing training and life skills, personal development coaching, employment readiness training. To apply call 254-652-7160 or email apc@urban-genesis.com

FAMILY

Stars and Strippers

Wednesdays, 1 p.m., at Centre Cinema in the Centre. Choice of two movies each week. A help-friendly environment with wheelchair volume, dimmed lighting, a changing table and stroller parking in select theatres.

City's Cinema & Play

Until Aug. 28 at 117-1133 College Dr. Eyes. Works by Brian Buche, Carol Dennis, Marlene Martik, Quinn McDonald, John Penet, Jenni Plotkin, Trish Thomas, Karen Walpole and Paul Zey.

EVENTS

What you need to know to plan your week.
Send events to bridges@thetraphoenix.com

Fun Factory Indoor Playground

Daily at 1633 Q. Quebec Ave. A giant indoor playground for young children, adults and children under age 10 are free. There is a separate fenced-in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children under 10 years.

Marl's Mall & Children's Play Centre

Daily just off the feed court at Marl's Mall. This play area is free and two different level decks. Children must wear socks in the play area.

Prenatal and Toddler Yoga

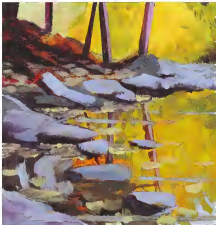
Thursdays, 9:30 a.m. to 10:30 a.m., and/or Saturdays, 10:30 a.m. to 11:30 a.m., at Yoga Life, 2-105 Third Ave. S. Classes taught by Nina Zettl. For parents and their toddlers ages six to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedomfromfrustration@gmail.com. Call 366-381-6552.

Breakfasting Cafe

Thursdays, 10 a.m. to 11:30 a.m., at Menorah Community Health Center, 3331 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movies for Mommas

June 25, 11 a.m. to 1 p.m., at Rainbow Cinema. A film event for parents with their babies. Showing the documentary *Milk*. An infant-



Alison Wagner's shell artwork by Greg Hagerman on display at The Gallery at Phoenix Museum of Art Library.

friendly environment with relaxed seating, change tables, bottle warming and stroller parking. Tickets at picnic.com.

Stargazing in the Desert Camp

Until June 26, 9 a.m. to 12 a.m., at Emmanuel Anglican Church and at the Redway. For parents and preschoolers, ages three to five. Themes, songs, games, crafts, stories and fun for families to learn and play together. Register at 366-852-9442. redway-tucson.com

Kirkman Day at the Zoo
June 26, 9 a.m. to 9 p.m. at the Saddlehorn Family Farm Park & Zoo. Presented by the

Kirkman Club of Tucson. A free day at the zoo. Activities, entertainment, educational displays and animal ambassadors. Bring a non-perishable food item for the Saddlehorn Feed Bank and Learning Center. Information at 366-975-3262.

Shag Festival

Fridays 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body sculpting, fitness using exercise tubing and a socializing for parents and babies. Pre-register at runnersandbambies@tucson.com. No classes on start holidays.

Baby Talk at 100%

Fridays, 10:30 a.m., at Alice Turner Smith, Mondays, 10:30 a.m., at Cheryl King Smith, and Tuesdays, 10:30 a.m., at Cliff Wright. Nurses. Half-hour meeting and rhyme, then mingle with other parents.

Boot Camp for New Moms

June 27, 9 a.m. to 12 p.m., at Pregnancy and Parenting Health Center, 245 Third Ave. S. A practical how-to discussion taught by veteran lactation. Information at beth@thetraphoenix.com.

Kid Yoga Classes

August 5 to 12 in six, bi-

weekly sessions. Ages five to 12 on Mondays, 10:10 a.m. to 11 a.m., at Yoga Life, 2-105 Third Ave. S. Classes taught by Nina Zettl. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromfrustration@gmail.com.

Prenatal Partner Workshops

Yoga for Childbirth
Saturdays, 1 p.m. to 4 p.m., at Birth Rhythms, 245 Third Ave. S. Instructed by Nina Zettl. Learn various tools and techniques to help you through labor and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfromfrustration@gmail.com. Call 366-361-6552.

Moms and Baby Yoga

Mondays, 11 a.m. to 12:30 p.m., at Yoga Life, 2-105 Third Ave. S. Classes taught by Nina Zettl. For mothers with babies enjoying an six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breathwork. Classes are six weeks. Register at freedomfromfrustration@gmail.com.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Center, 245 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Family class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at pregnancyandparentinghealthcenter@gmail.com. No class on start holidays.

Generation Kid Source

(GKS) Public Tours
Mondays, 1:30 p.m., at the Canadian Kid Source, 44 Innovation Blvd. The generation

research facility is open for the public. Participation fee is required. Call 366-657-3644, email outreach@kiddsource.com or visit kiddsource.com/education/public_tours.php.

Remedial Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Center, 245 Third Ave. S. Taught by a doula and certified yoga teacher. Information and safe for any stage in pregnancy. Call 366-230-0443 or email pregnancyandparentinghealthcenter@gmail.com. No classes on start holidays.

AgBio Discovery Camp

June 29 to Aug. 21 at the University of Tucson. Open to Sixth- to Eighth-Graders. A hands-on introduction to agriculture for participants from urban and rural backgrounds. Visit Kilauea volcano. kilauea.univ.tucson.edu.

Headshot Story Time

Thursdays, 10:30 a.m. to 11 a.m., at Monthly Bookings, 3300 Eighth St. E. For children ages three to five in the Circle of Trees. Call 366-852-1277.

Living History Pioneer Camp

July 20-24 and 27-31, 10 p.m. to 4:30 p.m., at the Western Development Museum. For kids ages seven to 10. Experience the work and play of our ancestors. Get a bread, make butter and slice cream, grind wheat, wash clothes, stork and so on, pioneer games, songs and crafts. Pre-register by June 30. Information at 366-928-7960. westerndevelopmentmuseum.org, wde.museum.

Playgroup

Monthly and seasonal events. Hosted by Penny Hertz. Learning community for staff of families interested by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

EVENTS

Engineering for Kids

Children ages 10 to 15 can learn about technology and how engineers help it develop. Classes, camps, parties, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 306-978-4186.

BRICKS 4 KIDS® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit bricks4kids.com or call 306-979-2149.

Saskatoon Public Library Programs

Ongoing daily programs for children and families find the calendar at saskatoonlibrary.ca/node/1916

#SPECIAL EVENTS

Bike to Work Day

June 24, 7 a.m. to 9 a.m., around Saskatoon. Computer stations with refreshments, cycling information

and activities. Venues include Prairie Sun Brewery, Campus Cycling Club, Crush by Tish Café, Bike Universe, Citizen Café and Affinity Credit Union. Information and map at bike2work.com

Saskatoon Farmers' Market

Open year-round Wednesday and Sunday, 10 a.m.

to 3 p.m., and Saturday 8 a.m. to 3 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-386-3262, skfarm@sasktel.net

Bergin Beament Store
Wednesdays, 10:30 a.m. to 3 p.m. at St. Paul's United Church, 434 Telford Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support this LightHouse project.

Marley Carpet Bowling

Wednesdays, 1:15 p.m., at Mayfair United Church

Beginners and experienced players are welcome. For information call 306-651-2151.

Points Race 40

June 24, 7 p.m., at Auto Clearing Motor Speedway, 10000 Stock Sheppard. Divisions competing are street, 3 LM and pro truck. Tickets at the gate.

Carpet Bowl

Thursdays, 12:15 p.m., at Nutsula Legion Hall, 3021 Laura Ave. Hosted by The Nutsula Senior Citizens Association. Lunch and coffee are available for a fee.

Zumba in the Park

June 25, 7 a.m. to 8 p.m., at Evergreen Urban Park. Presented by Evergreen.

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Community Association. A fitness program that combines Latin and international music with dance moves. Tickets at plastic.com.

BPC Dance

Thursday through June, July and August, 7 p.m., in Keweenaw Park. Saskatoon International Holidays Club. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit awardspace.com.

Editing Indigenous Manuscripts Master Class

June 25-27 at Wapuskaw Heritage Park. Presented by The Saskatchewan Arts Board. A class for Canadian publishers and editors work-

ing with indigenous authors and their manuscripts. Featuring Greg Youngling, Warren Corbo, Deanna Rider and Gregory Seabard. Register at artsboard.sk.ca.

SaskTel Saskatchewan Jazz Festival

June 25 to July 5 around Saskatoon. Jazz, blues, hip hop, punk and world music. Featuring Erlykha Kudu, 3 Down Moleses, Worl of Jazz, Five Alarm Funk, Michael Fort, Purple Port & the Vibe Hip Hoppers, The Roots, Lights, Dear Rough, Colin James and Close Talker. Tickets and information at saskteljazz.com



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BREAKING NEWS

EVERY DAY IN THE

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EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Rock the Farmers' Market
Friday and Sat. 9 a.m. to 3 p.m., at Gordon Fire Hall, information: 306-991-2559

14th Men's World Softball Championship
June 26-27 at Bob Wen Inc. Stadium. Softball teams from around the world compete. Tickets at 306-938-7603, ticketmaster.ca.

Colour Me Rad
June 27 at Glenbrook Park. A fun race featuring eight colour stations, with gel, powder and liquid colours coating runners as they go by. With prizes, beer, music and food. Tickets at colourme-rad.com

Wentzville Community Centre's Clothing Depot
Saturdays, 10 a.m. to 2 p.m., at 3030 Fairview Dr. Free clothing for all ages, free baked goods from a local bakery. They take donations of clothing, footwear, accessories and food. Information at 306-222-8737.

Points Race #6
June 27, 6 p.m., at Auto Cleaning Motor Speedway. Mini Stock Showdown. Children competing are mini, sportsman and street. Tickets at the gate.

Third Annual Subaru Saskatchewan Triathlon
June 28 at River Landing. Swims at Pika Lake, cycles on country roads into Saskatoon, and run along the river valley. With a choice of sprint or standard triathlon miles. Tickets at go.subaru.ca

Walking Tours and Open House
June 28, 1:30 p.m., at the Saskatchewan Forestry Farm Park. Discover the history of the Forestry Farm Park and tour the superintendent's house. Walking tour begins at 2 p.m. Information at 306-653-9829



Stars' first pitcher for the United States softball team, Trevor Hughes, agrees to be interviewed during the 2009 U.S. Men's World Softball Championship at Bob Wen Inc. park in Saskatoon. Saskatoon hosts the championship again beginning June 26. PHOTOS BY PHOENIX/AMICHO

Labour Intensive
June 28, 12:30 p.m. to 5:30 p.m., at Pregnancy and Parenting Health Centre, 268 Third Ave. S. A birth support skills workshop designed to prepare couples for birth. Information at birthright.ca.

Slow Food Sale
June 28, 1:30 p.m. to 3 p.m., at Saskatchewan Food Bank. A tour of Saskatchewan's Food Bank's Garden Patch. Tonight it's Pottery

June 28, 7:30 p.m., at The Woods Ale House, 148 Second Ave. N. Saskatoon. Free to attend. Billian Christmas

SGO Panxell Concert
June 29 at Martin Gushkin College. The Saskatoon Children's Chorus presents their repertoire before they embark on their international tour of earning tickets at the door.
Hot Luck Supper

Last Monday of each month at Nutana Legion, 3031 Louisa Ave. Hosted by the Nutana Senior Citizens Association. Bring food for the potluck. Admission at the door.

English for Employment Class
Registration sessions June 25, 1 p.m. and June 30, 11 a.m. Classes begin in July. Improve English pronunciation and communication and learn about job interviews,

cover letters, resumes, work safety and labour standards. Admission is free. For information and to register contact 306-250-4330, jheppert@sods.sk.ca, 306-653-4464, 306-250-4330, junak@sods.sk.ca.

Off-Broadway Farmers' Market, International Bazaar, and Bistro
Tuesday, 6 p.m. to 6 p.m., in the basement of Greater Westminster United Church,

305 10th St. E. Offering a variety of locally produced food, clothing and accessories from India, pet products, baking, and Indian dishes. New vendors welcome. Call 306-664-2540 or email patrick1@earthlink.net.

Book Signing at McNally
Regular book signings at McNally Robinson, 3130 Elphinst St. E. For schedule and information visit mcnallybooks.com/sales/author_events

English for Employment Class
Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information or registration at 306-250-4330, 306-664-4464, 306-250-4330, jheppert@sods.sk.ca, junak@sods.sk.ca.

* THEATRE

Quilts
June 28-29 at Barn Playhouse, 2500 north of Saskatoon on Hwy 12. Barn Playhouse's 25th season opener. A musical tribute to the lives of our pioneer ancestors. Sarah is making a legacy quilt to pass on to her daughters. Tickets at 306-299-6009

Strick the Musical
June 26 to July 4 at the Remains Arts Centre. Inspired by the Saskatchewan farmer. The tale of an unlikely hero who finds himself on a life-shaping journey alongside a wise-cracking Donkey and a factory prince. Tickets at 306-366-7722, saskartcentre.org.

Event listings are free. Community service offered by donors. Listings written and edited by Bridget. Listings are available in two weeks before the event starts.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@thetwophotonews.com. One winner will be chosen each week.

Also, the Canadian Light Source synchrotron celebrates its 10th anniversary on Saturday with an open house and Partners in Science Festival. Bring your coloured picture to the CLS on June 27 from 1 to 5 p.m. To receive a light up yo-yo, tour the facility and take part in hands-on activities.



Last week's contest winner is Addison Pelt.

Thanks to everyone who submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

Help create a Saskatoon without violence, homelessness, or poverty. www.ywcasaskatoon.com (306) 24-7034 ext 122

ASK ELLIE

Stop picturing partner with anyone else

Q: My boyfriend and I have a flustered relationship and recently went ring shopping. He has a sexual past, but I do not.

Recently a young woman I used to see only once a month became my best friend's sister-in-law.

My boyfriend told me she was one of his past "flings." Normally this wouldn't bother me, but he's quite a bit older than me, which creeps me out. I keep picturing her in his pants.

He then told me the names of every woman he's been with, a list of 20 in people. It seems a little excessive, since we're only in our mid-30s.

We run into these people constantly by through our work and friendship circles. How should I react?

Long List

A: Breathe with self-confidence — he's ring shopping with you, not just for others. But also respond with a statement of your boundaries.

He never led about having a score of history that the appearance of this other person (and your obvious discomfort) led him to disclose all.

That's a strong sign of his concerns for your feelings. Still, the truth comes with new limits in order for you to have total trust.

Most important, he cannot have private friendships, nor meet alone, with any of those women. If there's ever a reason he has contact with any of them, he must tell you about it.

This isn't control. He agreed the date is a situation that could otherwise cause insecurity in you. Don't let that happen.

Stop picturing him with anyone else; he's your partner and planning the future with you.

Q: My daughter, 60, has two children from a failed marriage. They're early 20s.

Her partner of 18 years is kind, sweet, and the father of her children. He's never divorced their mother.

He's in his late-50s, smokes heavily and drinks off coffee continuously so his head tilts not very good. If something else happens to him, my daughter wouldn't be entitled to

Ask Ellie



his government pension, any retirement packages, or any realty.

She's stayed home to care for him and has two children. They live in a rental townhouse and haven't any equity beyond families.

She's overweight and I'm very not real about her health. If something happens to her, he'll expect me as her children to care for her.

Her children are working and going to college. They're faced with huge student debts.

They employed him to get a divorce, but he never does. I think he feels guilty for not having been there for his own children, and wants to leave them whatever

emerges before divorce he might lose.

Should I speak to him privately or just let them resolve it on their own? She's threatened to leave him, or that if he gets sick, she won't take care of him... and he laughs. He knows she'll be there for him. But he isn't there for her.

Worried Nether

A: Do NOT cause this matter with him. It's the worst kind of an intervention into a grown man's private matter. The person you can talk to is your daughter.

But tread lightly. So far, neither has asked you to care for her and there's no "fire" situation presently. You're worrying into the future, but you may turn her off.

Instead, suggest that she take charge of her future and get informed as to whether there are any common-law considerations for her financially, or whether he can leave something for her in his will despite her being married.

What she learns may strengthen her resolve to make her make some as-

signments to provide for her later.

Q: I'm 18. My friend got dumped by her boyfriend, whose dad's stolen from me.

He and I had been friendly in the same class. He never asked me out.

Then, our girl's group was all in class with him. I started feeling him and thought he really liked me.

My friend was jealous. Also, me. Then she told us all that they'd had sex! He broke up with her after three weeks and ended me that night.

If he asks ME out, will dating him make me the "bad friend"?

Dating Rules

A: It'll make you the bad in front of all your friends. He's just playing the game, as a young teenage boy who he knows is the center of the girl's attention.

You're closer friends with the girls, and likely for a lot longer than with him.

Your friend didn't "intend" him, since he didn't ask you out for that whole year.

Next week in BRIDGES

Senator Denise
Batters has
always wanted to
help others

WINE WORLD

RED WINES

Aging makes all the difference in taste

By James Romanow

The romance of owning a vineyard has the ability to cloud otherwise sane minds. People think of it as a retirement goal. (Since when does farming equal retirement?)

The result is bizarre valuations for vineyard land. Pretty much every vineyard is valued as a cash cow, even when the vineyard is a cash cow. The result is a mad race to acquire vineyard land. The result is a mad race to acquire vineyard land. The result is a mad race to acquire vineyard land.

If you have heard about cellaring wines you know that most red wines are better, often astonishingly so, if they are not drunk until age five or older. One of the best producers of such wine is Spain, particularly Rioja. They make and have some of the most aged (I know of one wine that was not released until age 40). You can, with a bit of diligence, find wines six years of age and older for quite reasonable amounts of money. What's more you can usually age such wines even further if you're so inclined.

I recently picked up a bottle of Luis Canas Reserva. I tasted it as prep for a wine tasting, then left the bottle on the counter in an open glass and forgot about it. I didn't drink the bottle till a week later. Instead of tasting it had become something else. The most interesting of things was available in all its glory.

If you want to find out why people like me



more at three-year-old California wine you need to taste a bottle of this stuff. It's in stock in SILGA stores in Laguna, San Marcos, Moore and San Marcos.

Luis Canas Reserva 2007 \$27.99 *****
Karl's Flowers and more on Monday's paper
The rest of the world on Twitter @dbsos

Crossword/Sudoku answers

SACR	DEAL	MADAM
HELP	HATE	AROSE
ONAL	AREA	RIGHT
WISAVI	NAVISA	
FASTER	MESH	JAR
SLY	RIO	LATINO
ADCLABEL	ADCLABEL	
FLAW	AGO	LEWD
RIDG	RIDG	
ERAC	ENO	PSA
TAN	CLAS	SPORTS
PIESPIES	PIESPIES	
RAID	PURE	TONE
PRIST	SMIT	IRON
DEPTH	NESS	CYST

5	6	3	1	7	4	2	8	9
1	7	2	8	3	9	5	4	6
8	4	9	6	2	5	3	1	7
6	3	1	9	5	7	8	2	4
9	2	8	3	4	6	1	7	5
4	5	7	2	1	8	6	9	3
2	1	6	4	9	3	7	5	8
3	9	5	7	8	1	4	6	2
7	8	4	5	6	2	9	3	1

BROADWAY THEATRE

JUNE 25	THE BAD PLUS JOSHUA REDMAN WITH BSRK	TICKETS \$59 RETAIL
JUNE 26	CÉCILE McLORIN SALVANT WITH MISSEN-SINCLAIR QUARTET	TICKETS \$54 RETAIL
JUNE 27	JOHN PIZZARELLI TRIO WITH CRESTWOOD	TICKETS \$59 RETAIL
JUNE 28	JAGA JAZZIST WITH MARK OELJONG 3+1	TICKETS \$39 RETAIL
JULY 02	DEE DEE BRIDGEWATER & IRVIN MAYFIELD WITH THE NEW ORLEANS JAZZ ORCHESTRA	TICKETS \$64 RETAIL
JULY 03	STEEP CANYON RANGERS	TICKETS \$54 RETAIL
JULY 04	MOLLY JOHNSON WITH THE SASKATOON JAZZ ORCHESTRA	TICKETS \$59 RETAIL

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